



Happy Valentine's Day

February/March 2007

Volume 2, Issue 3

THANK YOU TO
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 MAKING THIS
 NEWSLETTER
 POSSIBLE!
www.amsus.org

Highlights:

- SSC Info Sessions Summaries
- USU/SSC Holiday Parties Photos
- Fundraising Says Thanks

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Photos courtesy of
 Allyson Knight.

SSC Info Sessions Help Prepare for the Years Ahead

Each November the Student Spouses Club and the Office of Student Affairs hold a forum to discuss important issues pertinent to each year of medical school at USU. The following are summaries written by spouses who attended this year's SSC Info Sessions.

MSI into MSII

Allison Young

Dr. Wittman began the SSC Info Sessions by stressing the importance of planning, organization, time management, and balancing the schedule during medical school. He went on to discuss the 8 key factors that he feels will help students succeed at USU:

Planning & Organizing:

- Priority setting
- Good decisions about use of time
- Requires regular attention
- Frequent communication is a must
- Reading ahead in lecture notes
- Reviewing notes more often and MUCH sooner
- Making time to LEARN the material



Dr. MacDonald discusses rotation requirements and what to consider when planning out rotation schedules with students and spouses at the SSC Info Sessions.

Time Management:

- Using supplementary materials
- Student generated summaries, charts, etc.
- Review books, other commercial material
- Attending lectures or not
- Prepare for labs - read ahead
- Work with others - using study groups
- Tutoring with a classmate
- Exams require more prep time and an earlier start

8 Key Factors:

1. Master the 24 hour clock; find balance; get organized
2. Try very hard to keep up; review often and

early

3. Take an active approach; make notes, charts, graphs, etc
4. Adjust to changing conditions within & between courses
5. Seek efficiency; identify weakness, learn from mistakes
6. Use a wide variety of study tools and resources
7. Make the clinical application
8. Relax, unwind; do something non-medical

Defining Success:

- Passing all coursework and board exams
- Maintaining mental, physical and spiritual health

(Cont. on page 7)

From the President

Dana Davila

Happy New Year, everyone! With a new year comes a change in SSC management. I have enjoyed watching our club grow over the year and am so happy that all the officers and chairs have put in so much effort. Most of the work that they do goes unnoticed so I want to take this opportunity to thank all of you who have donated your time to help our club function.

The year is not over yet. We still have a couple more events to look forward to. Our *Price is Right Night* (see page 5) is right around the corner. It is a great

opportunity to meet the officers and chairs and see what they do so you can decide if you want to take one of those jobs next year. And don't forget our *Spring Party and Egg Hunt* (see page 3). I hope to see you at one of our upcoming events.

As always, our meetings are the first Wednesday of the

"With a new year comes a change in SSC management."

month in the USU Community Center at 6:30pm. Our meetings are open to everyone.

-Dana



Dana with husband, Erik Davila, MSII, at SSC Holiday Party.

Student Spouses Club Membership Application

If you are interested in being a member of SSC please fill out the form below and turn it in along with the annual dues check of \$25 (made payable to Student Spouses Club) so that we can process your application. Please return application & check to:

Student Spouses Club
C/o Dana Davila
13012 Estelle Road
Silver Spring, MD 20906

Last Name	First Name	Home Phone	Email Address
Street Address		City	ST Zip Code
Student's Full Name		Branch of Service	Year of Grad.
Children's Names & Ages			
Committees you would like to have contact you with more information			

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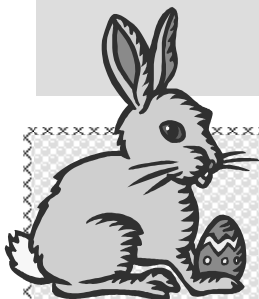
The 2006 USU Holiday Party

was proudly hosted by the SSC this year on Dec. 6th in the school cafeteria. With a record turnout, tons of food, dancing, and Santa, too, it was fun for everyone at USU and their families. Enjoy these snapshots of the festivities!



The SSC Holiday Party

was held on Dec. 14th in the USU Community Center. The kids got to visit with Santa and make holiday crafts while adults enjoyed a potluck. Enjoy these pictures from the fun night!



Up next is the...

SSC Spring Party & Egg Hunt!

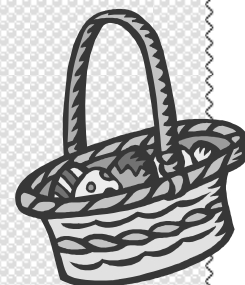
Date: Monday, April 2nd

Time: 11:00a-1:00p

Where: USU Student Community Center

Come join us for an egg hunt and potluck lunch! The SSC will provide deli meat and cheese trays for sandwiches. Please bring a side dish or dessert to share. RSVP by March 29th to Bridget Davids at bridgefinnerty@aol.com or Heather Boose at wdboose@verizon.net.

This party has been approved by the USU President. \$5 suggested donation for non-members.



SSC Fundraising Says Thanks for 2006

Kristen Brown

In 2006, the SSC Fundraising Committee worked hard to raise money and collect donations. Our fundraising efforts included a bake sale, collection of books and craft supplies for the Pediatrics Unit at NNMC, the endorsement of a USU ornament sold at the school's bookstore, and a portion of the proceeds in exchange for the hard work of our members organizing the USU Holiday Party.

I want to take the time to thank each and every person who coordinated or participated in these events! I look forward to

your continued participation in the committee. Without your help, the club would not be able to finance SSC events or donate a portion of our proceeds to a yet-to-be-determined charity at the end of the school year.

I am always looking for new ideas and additional members in the Fundraising Committee. Please don't hesitate to contact me at boots1222@yahoo.com. Let's work together to make 2007's fundraising efforts even more successful!

Special Delivery*

Sarah (MSIII) and Peter Hartnett welcomed baby Ada Marie in October.

Andrew (MSII) and Araceli Robenson welcomed baby Vanessa Elma on October 20.

Jeremy (MSIV) and Karen Parker welcomed baby Emma Grace on October 30.

Joel (MSIV) and Dresden Bush welcomed a new baby in October.

Pam (MSIV) and Jacob Landsteiner welcomed baby Rachel Meredith on November 1.

David (MSII) and Jamie Wilson welcomed baby Ethan on November 19.

Gary (MSII) and Lesley D'Orazio welcomed baby Will on November 23.

Neil (MSIV) and Bridget Davids welcomed baby Jake Stephen on November 28.

Gary (MSII) and Margaret Legault welcomed baby Paul Takashi on December 9.



Admin Assistant Job Opportunity

The Association of Military Surgeons of the United States (AMSUS), a non-profit member association, is looking for 2 people to job-share an Administrative Assistant position. The team will serve as the office receptionist to greet visitors and guests and function as an Administrative Assistant to provide support to the Administration and Membership Departments.

Each member of the team will work 15-18 hours per week with the exact schedule being set by the 2 individuals.

The ideal candidates must be able to work independently, pay great attention to detail, have excellent communication and computer skills and knowledge of general office duties. Proficiency in MS Office programs is required.

AMSUS is a non-profit association. For more information see our website at www.amsus.org.

Please contact Diane Condric at diane.condric@amsus.org for more information or to submit your resume.

WELCOME

New Member!

Sara Arthur, 2010

* Please let us know if we are missing someone at sscsunshine@gmail.com

SSC hosts

The Price is Right Night



It's a night of game show fun as we kick off SSC election time! Come try your luck at winning great prizes and see if YOU are right for SSC leadership!

When: Tues, Feb. 20th, 6:30-9:30p

Where: Member's house, Rockville, MD

Who's Invited: All students' spouses

Dinner will be provided!

Officer/Chair Turnover Schedule

20 Feb: *The Price is Right Night* will provide a summary of all officer and chair positions to begin nominations

20 Feb-31 Mar: Open for nominations

3 Apr: Elections

1 May: Turnover of officers/chairs

Come on
down...



For more information and directions please RSVP to Cristina Tharin at cgirton@yahoo.com by Feb. 15th.

SSC Info Sessions Help Prepare for the Years Ahead (con't.)

- Growing and maturing in your relationships

June 19 - June 24: Summer Training

- June 19th - Students report to USU for training
- June 24th - Make up training day

June 24 - July 9: Vacation

- July 9th - Students must be back at USU

July 10 - July 21: Operation Kerkesner & Operation Bushmaster

- July 10th - Students report to USU for a map reading and waterproofing exercise, and continue training at USU through July 11th
- July 12th - Students training at Ft. Indiantown Gap in Pennsylvania, through July 21st when they arrive back at USU - no family visits are allowed

Operational Clerkship:

- Students were briefed on this on November 21st, at 0830
- Required for non-prior service - go away for 2 weeks to a clerkship of their choice in their service, families may go but their travel expenses will not be paid
- Not required for prior-service, which includes Enlisted, Officer, Academy grad, or ROTC - they should start searching for research projects, at USU, at the base of their prior service, or at other locations

MSII into MSIII

Lesley D'Orazaio

Advice for students: Students should avoid spending all their time on the road or selecting to have their surgery and OB/GYN rotations in the same half of the year. If students are interested in a particular specialty, they should plan to complete that rotation in the first half of the year or by round 5 at the latest. The thought is that students who plan to choose surgery as their specialty and waits until rounds 7 and 8 to complete that rotation could decide that surgery is not the right choice for them. Having completed all other specialties with the idea that they are going to be a surgeon, the students may not have given all other specialties a chance. Students should plan to do one or two rotations at a postgraduate training "residency" site for their particular service in order to get an idea of what is available. However, it is not critical to go someplace in the third year.

If students wish to stay in town for most of the rotations, they shouldn't waste a good number on surgery or psychiatry. The majority of the slots for these specialties



are in the DC area. The family medicine rotation is a good out-of-town option because the first week is completed at USU. The advice given was to figure out the big rocks and go from there. For example, students should decide how many rotations they want to do out of town ahead of time. Also, students should let the Office of Student Affairs know if they have special needs.

Travel information: Students receive travel, billeting, and food allowance (\$12-13/day) NOT normal per diem. Some of the billeting will not be near the hospital. If there is more than a 10 minute walk from the VOQ to the hospital, students may be issued a rental car. Students may choose to drive to their rotations. They are authorized one day of travel and receive TDY for that day. If it takes more than one day to drive to the location, they must take leave for the other day. Students can always return to duty station (USU) between clerkships.

Information for families: Students can take their families on rotations. Families cannot stay at VOQ, but the students do not have to. Rotations that are not good for families include general surgery, OB/GYN, and inpatient medicine. Those that are reasonable for families are family practice, psychiatry, and pediatrics, with the exception of the time the students spend on the ward. Keep in mind that the students take an exam at the end of each clerkship.

Leave: Students are allowed to take up to 4 days of leave (depending on the specialty) while at their clerkships. They must first get permission from their preceptor and then call their company commander who will issue a pass. Students can miss 2 or 3 days each clerkship and still receive credit for it. More time can be taken, but it must be made up.

The slides from the presentation with the specific information about each specialty are on the slides given out to the students by e-mail after their Lottery Briefing.

MS III into MS IV

Heather Boose

Dr. MacDonald began the discussion with a historical perspective of why and how requirements have been changed.

The fourth year is based on a 10 block system.

Intercessions are now considered one of the 10 blocks. The first intercession occurs from 6/18-6/22/07 and will be used to help prepare students for the clinical skills portion of the Step 2 exam. The second intercession occurs from 11/26-12/14/07. Block 1 (6/25-7/20/06) is mandatory and is Military Contingency Medicine with part of that time spent at the Bushmaster field experience. The first group will be going to Ft. Indiantown; Gap, PA from 7/10-7/15/07 and the second group will go from 7/15-7/20/07. Blocks 2-9 are four weeks each and begin following a week of summer leave (7/21-8/05/07). Block requirements include the following:

- 1) Two blocks must be in an inpatient setting with 4 weeks in surgery and 4 weeks in primary care.
- 2) One block of Emergency Medicine at a Level 1 Trauma Center must be taken after Block 4 unless Emergency Medicine is your planned internship. Locations are both in and out of the area so a lottery will take place to determine students' assigned locations.
- 3) One block of Medical Neurology must be taken after Block 4 unless it is your planned internship. Again, a lottery will take place to select location.
- 4) Six blocks must be direct patient care. Research, radiology, anatomy lab, medical history may be scheduled but DO NOT count as direct patient care. (Please note the paper Dr. Macdonald gave to us also includes selective requirements and waiver rules.)

Dr. MacDonald also discussed some things to consider when selecting your rotations. Consider using blocks 2, 3, and 4 at your potential internship site for visibility and/or a back-up internship site. Application for

internships should be submitted between the end of September and mid-October. The selection board meets in December with results announced in mid-December. Dr. MacDonald noted that selection of blocks should be tailored for each individual and he is available to help students make their selections. An example of tailoring selections would be the case of a person who wanted to specialize in pediatrics but received a B on his third year

rotation in pediatrics. He may wish to perform two rotations at the site he wishes to do his residency. Dr. MacDonald mentioned that if the student would like to do an international rotation, he would need to speak with him.

Also noted was that blocks 8 and/or 9 may be used to prepare for the upcoming internship by being assigned to that location. This would also allow for house hunting. He also stressed it is important to have balance in your rotations. Step 3 (usually taken 6 months into the internship year and within 2 years of graduation) is dominant in internal medicine and clinical reasoning.

In addition to rotations, the Step 2 exam is also taken during the fourth year. The clinical knowledge portion must be taken no later than September 30th and the clinical skills portion no later than Dec. 30th.

Finally, reimbursement was also discussed. Mandatory rotations (MCM, Emergency Medicine, and Neurology) that are out of town will be funded. Funding of one GME (round trip travel and 10 days of BOQ room and board only) is guaranteed if it is for block 2, 3 or 4 at an approved site.

As always, Dr. MacDonald would be happy to meet with any spouse that has a question. The students were also given all this information during intercession (12/11-12/15/06).

The SSC Info Sessions is put on by the SSC and OSA to help spouses

understand the complicated medical school schedule. If you have any questions, comments, or suggestions for next year's SSC Info Sessions, please e-mail them to studentspousesclub@yahoo.com.



Students and spouses enjoy dinner and learn about their requirements at USU at the SSC Info Sessions.

USU Student Spouses Club

WEBSITE:
www.usuhs.mil/ssc/

E-MAIL:
studentspousesclub@yahoo.com

About Our Organization...

The Student Spouses Club (SSC) is an organization for the spouses and significant others of the students at the Uniformed Services University of the Health Sciences. The goal of the SSC is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.

SSC Calendar of Events

Feb 7: SSC meeting held in the USU Student Community Center, 6:30p. *Please come out and share ideas and visit with other spouses. Meetings are always welcome to members and non-members.*

Feb 20: Price is Right Night, see page 5

Apr 2: Spring Party & Egg Hunt, USU Student Community Center, 11a-1p

ADULT SOCIAL ACTIVITIES

Feb 2: *Restaurant of the Month* happy hour and dinner, Benihana in Bethesda, 6p

Feb 15: Bunko, Deb Rubio's house, 6:30p

Feb 22: Book club, time and location TBD

TBA: Movie Night, details forthcoming

PARENT TOT GROUP

(Please RSVP for all events to Kate at jkmasterson@yahoo.com)

Feb 2: Silver Stars, Open Gym, 12a-1p, \$5 per child

Feb 5: Little Sprouts Open Play, Gaithersburg, 10a-2p, \$10 per family

Feb 9: Valentine's Party, Natalie Trowbridge's Home, 11a

Feb 13: Indoor Play Area, Lake Forest Mall, Gaithersburg, 10a

Feb 15: Stacy's Home Playgroup, Olney, 10:30a

Feb 16: Little Sprouts Open Play, Gaithersburg, 12p-4p, \$10 per family

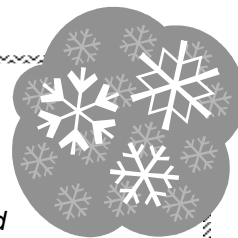
Feb 21: IKEA, College Park, 10a

Feb 23: Chuck E. Cheese, Rockville, 11a

Feb 26: Indoor Play Area, Lake Forest Mall, Gaithersburg, 10a

Feb 28: Indoor Play Area, Montgomery Mall, 10:30a

For more information or directions, please contact the SSC at studentspousesclub@yahoo.com or www.usuhs.mil/ssc/



USU STUDENT SPOUSES CLUB

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